

COLONOSCOPY INSTRUCTIONS

PLEASE READ AND FOLLOW CLOSELY. If you have any questions regarding your procedure or preparation, please call Jennifer at (619) 460-4055 ext.11

If you need to cancel or reschedule, please call (619) 460-4055 ext. 10 during business hours 9am to 4pm.

****CANCELLATION POLICY**** There will be a \$75.00 charge for failure to cancel an appointment within 72 hours.

Please check in at Grossmont Hospital through the main entrance and speak with somebody in admitting.

Your procedure date is: _____

You will need to check in at: _____ for a _____ procedure

YOU WILL NEED SOME ONE TO DRIVE YOU HOME DUE TO THE SEDATION GIVEN.

Dr. Kamyar/Dr. Lajin will be the physician doing your procedure.

DIET INSTRUCTIONS

Beginning 3 days before your procedure, you need to be on a Low Residue diet and on a Clear Liquid diet the day before your procedure. If you have an A.M. procedure, you should have nothing to eat or drink after midnight the night before. **If you have a 12 noon or later procedure, you may have clear liquids up to 6 hours prior to the procedure.** Please avoid seed containing foods such as tomatoes, sesame, corn etc. for 1 week prior to your procedure as these foods are harder to digest and may interfere with the exam. Avoid too much iron intake in your food and do not take iron supplement vitamins unless prescribed by your doctor.

PLEASE SEE THE ATTACHED LOW RESIDUE AND CLEAR LIQUID DIET SHEET

*****Please do not take any Aspirin or blood thinners such as Naprosyn, Ibuprofen, Voltaren, Celebrex etc. for 1 week prior to your procedure date.*****

NOTE: IF YOU TAKE COUMADIN OR PLAVIX, PLEASE CALL YOUR PRESCRIBING PHYSICIAN TO OBTAIN APPROVAL FOR STOPPING YOUR BLOOD THINNER BEFORE YOUR PROCEDURE. 3 DAYS FOR COUMADIN AND 7 DAYS FOR PLAVIX. IF YOUR DOCTOR DOES NOT FEEL YOU CAN SAFELY STOP YOUR BLOOD THINNER THEN PLEASE CALL JENNIFER AT (619)460-4055 EX 11.

WHAT IS A COLONOSCOPY?

Using a long, thin, flexible instrument called a colonoscope, your doctor will gently insert the colonoscope through the anus and rectum and pass it into the colon. He will then draw it out slowly, while he carefully examines the inside surface. Should he see any abnormality, he may remove a small piece of tissue for further laboratory examination.

PROPER PREPERATION: THE KEY TO AN ACCURATE DIAGNOSIS!!

The key to an accurate diagnosis of your problem is proper preparation. The bowel needs to be flushed completely free of waste material to give your doctor the clearest possible view. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the exam cannot accomplish its purpose and may have to be repeated.

Included in your packet is a prescription. Pick up the prescription a few days prior to your procedure. Please have it filled at your pharmacy and follow these instructions:

If you have an AM procedure: start the solution at 4:00 P.M the day before your procedure. Drink 8 oz every 10-15 minutes. **YOU MUST DRINK THE ENTIRE BOTTLE OF SOLUTION.**

If you have a PM procedure: start the solution at 4:00 P.M the day before your procedure. Drink 8 oz every 10-15 min until half of the bottle of solution is done. Starting 4 hours before your check in time, you may begin drinking the remainder of the solution. Drink 8 oz every 10-15 minutes until the entire bottle is gone.

Please remember to have only clear liquids the entire day before your procedure.

The solution may make you feel bloated or nauseated. If you have any problems, you may want to drink smaller amounts at longer intervals than listed on the instructions.

If you take morning medications, you may take them with just enough water to get them down.

If you are a diabetic that uses oral medications or insulin, please consult your prescribing doctor to see if you need to take your medication on the clear liquid day.

Demerol and Versed (in the Valium family) will be used for your sedation. Please advise the hospital nurse upon check in if you have any allergies.

LOW RESIDUE DIET

YOU MAY HAVE:

BREAD:	White only. May be toasted or buttered.
CEREAL:	Flakes, no nuts or seed cereals.
DESSERT:	Puddings, jello, ice cream (plain), or plain cake.
DRINKS:	Weak coffee or tea, milk, juice, or water.
EGGS:	Scrambled or hard boiled.
FRUIT:	Any fruit in moderation, except strawberries, kiwi (seeds etc.)
MEAT:	Beef, chicken, fish, or pork- Roasted, broiled, or baked.
PASTA:	Macaroni, spaghetti noodles etc. (Avoid red sauce)
SALAD:	Lettuce only, or cottage cheese
SEASONINGS:	Salt, lemon, vinegar
SOUP:	Broth, pureed vegetable soup.
VEGETABLES:	Mashed potatoes, pureed veggies only

FOODS TO AVOID

Avoid all canned, salted, spicy, or smoked meats and fish.

Avoid figs, nuts, raisins, radishes, cucumbers, cabbage, tomatoes, onions, garlic.

Avoid all alcoholic beverages and carbonated drinks except 7-up.

Avoid whole wheat breads and cereals with nuts or seeds.

AVOID ALL FRIED FOODS!!

CLEAR LIQUID DIET

Apple juice, cranberry juice, 7-up, clear broth, jello (not red), and Gatorade.
NO COFFEE, TEA, OR ALCOHOL.